



Group exercise classes for people with type 2 diabetes

People living with type 2 diabetes may be eligible to take part in Medicare-funded group exercise classes run by qualified exercise physiologists. These classes support people to manage their condition through safe, supervised physical activity.

Information for GPs

Patients with type 2 diabetes and a current GP Management Plan are eligible for referral to type 2 diabetes group exercise classes (Medicare Item 81110). A Team Care Arrangement is not required.

Once referred to a participating exercise physiology practice, the patient will:

- ✓ attend a face-to-face assessment
- ✓ be offered eight one-hour group exercise sessions
- ✓ have their progress reported back to you at the end of the program
- ✓ these eight sessions are in addition to the five individual allied health visits available to eligible patients each calendar year.
- ✓ referrals can be made to the organisation, not a specific clinician.

Visit our website for more information, including a link to the referral form.
swsphn.com.au/t2dm-exercise-class-guide

Information for patients

If you have type 2 diabetes, you may be able to join a free group exercise program to help manage your condition.

The program includes:

- ✓ an individual appointment to check the program is right for you
- ✓ eight group exercise sessions with an exercise physiologist
- ✓ support to be more active and improve your health

Group exercise can help you:

- ✓ improve blood sugar levels
- ✓ build strength and fitness
- ✓ boost your energy and mood

Connect with others who understand what you're going through.

Let your GP know if you would like to be referred to a type 2 diabetes group exercise class.

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